

tackle 5k

Tony's Way



10 Week Training Plan

tackle
prostate cancer

Training Tips



1. Please do not take part in vigorous exercise if you have an underlying health conditions that might cause a problem.

Please always consult with your GP before starting an exercise programme in these circumstances.



2. Warm up

It is really important to warm up before starting each session of the training plan. Warm up will be dynamic movement exercises to warm up muscles and raise the heart rate. Typically please spend 5 minutes warming up.



A warmup session might look like this

1. High knees running on the spot, 20 seconds
2. Butt kicks running (heel to butt) on the spot, 20 seconds
3. Jumping jacks on the spot, 20 seconds
4. Sideways running in a circle facing in, 30 seconds
5. Sideways running in a circle facing out, 30 seconds
6. Skipping, 30 seconds
7. Gentle jog in a circle, 30 seconds in one direction and 30 seconds in the other direction
8. Walking lunges, 30 seconds
9. As 7, but with arms swinging forward and back



3. Cool down

It is really important to cool down after each session. This will typically be static stretches and this is a good source of static stretches

<https://www.nike.com/gb/a/stretches-after-running>



4. Kit

If running in cooler weather you will need to wear layers that can be easily removed and carried and a waterproof in the rain (we still run when it rains!). Shoes are the most important thing though. Please don't attempt a running training plan with old worn out running shoes as it will lead to injury.

Find your nearest 5k Your Way or ParkRun by clicking the links below:

5k Your Way www.moveagainstcancer.org/5k-your-way/

ParkRun www.parkrun.org.uk

Week ①

Saturday or Sunday

- Walk, jog, run for 90 seconds out (30 seconds walk, 30 seconds jog, 30 seconds run) and repeat.
- Run 1 minute at very very easy pace, rest 30 seconds. Run 1 minute at a slightly faster pace, rest 30 seconds.
- Run for 1 minute at a pace that feels uncomfortable, rest for 30 seconds.
- Repeat another two times.
- Very easy 2 minute recovery run.

Week 2

Saturday or Sunday

- This week we focus on running style and form. It's important to remember to keep your head up. Imagine having a helium balloon attached to your head by a piece of string to keep your head in an upright position. Keep shoulders back rather than slouched forward. Keep knees high and your arms should move forwards and backwards in a straight line from hips to lips and not cross in front of your body (which promotes sideways movement). Feet shouldn't land too far forward and stride shouldn't be short. Try to land the middle of your foot as you hit the ground.
- Find a space approximately 100m long and run from one end to the other very slowly and then back a little quicker. 5 minutes in total with no rest breaks.
- Increase the space to 150m and run from one end to the other very easily and then walk back. Then run at 80% of max effort to half way or three quarter way and walk back (three times). This is known as "out and back running".
- Very gentle 10 minute run.

Tuesday & Thursday/Monday & Wednesday

- Try 2 out and back pyramid sessions.
- Run 1, 1 minute out and one minute back followed by 2 minutes out and 2 minutes back.
- Rest for 30 seconds in between.
- Run 2, 3 minutes out and 3 minutes back with 30 second rest in between.

Week 3 ←

Saturday or Sunday

- Walk, jog, run (30 seconds of each) for 2 minutes, short rest then repeat.
- Easy run of approximately 300m out, rest for 1 minute then run 300m back. Keep going for 10 minutes.
- 10 minutes of running very easily but injecting short spurts (20 seconds) of faster running every minute.
- 5 minutes easy recovery run.

Tuesday & Thursday/Monday & Wednesday

- Each of the 2 days - 10 minute easy runs (5 minutes out, rest 1 minute, 5 minutes back).

Week 4

Saturday or Sunday

- Easy 5 minute run to a hill.
- Run up a 200m hill very slowly practising this technique and walk down. Repeat until 5 minutes has expired.
- Run up and down the hill 6 times (the down should be barely faster than walking pace) 4 resting for 30 seconds at the bottom before going up again.
- Easy 5 minute run back to base.



Hill running technique

- Running uphill - Increase cadence (rate of foot turnover), decrease stride length, keep head-up and look ahead not at feet – and;
- Staying upright rather than leaning into a hill
- Walking up hill – longer strides, wider stance, hands on thighs (Bit like fell runners do!)
- Running downhill - Zig-zag down very steep hills – or;
- Run straight down with arms out for balance

Tuesday & Thursday/Monday & Wednesday

- 15 minute out and back consisting of walk 30 seconds, jog 30 seconds, run 30 seconds.

Week 5

Saturday or Sunday

- 5 minute easy run.
- 20 minutes of out and back over a 300m course, running very easily but continuously and taking a 2 minute break after 10 minutes.
- 5 minute easy run.

Tuesday & Thursday/Monday & Wednesday

- 15 minute run to include 6 X 30 second bursts of speed work (75-80% of your capacity).

Week 6

Saturday or Sunday

- 5 minute easy run.
- 20 minutes of out and back over a 300m course, running very easily but continuously and taking a 2 minute break after 10 minutes.
- 5 minute easy run.

Tuesday & Thursday/Monday & Wednesday

- 20 minute session of 30 seconds walk, 30 seconds jog, 30 seconds run.

Week 7

Saturday or Sunday

- 5 minutes easy run.
- 30 minutes of continuous running out and back at very easy pace. Take a two minute rest after 15 minutes.
- 5 minutes easy run.

Tuesday & Thursday/Monday & Wednesday

- 10 minute easy run.
- 6 x 30 seconds running uphill and jogging down.
- 10 minutes easy run.

Week 8

Saturday or Sunday

- 5 minute easy run.
- Over a 300m course run 100m very slowly, 100m at 50% effort, 100m at 75% effort, 30 seconds rest, repeat 4 times or until 15 minutes has elapsed.
- Run continuously for 20 minutes at a very slow pace.
- 5 minute easy run.

Tuesday & Thursday/Monday & Wednesday

- 20 minutes of walk, jog, run on each of the two days.

Week 9

Saturday or Sunday

- 35 minutes of continuous very easy running.

Tuesday & Thursday/Monday & Wednesday

- 12 minutes out and back easy running each day.

Week 10 ✓

Saturday

Today's the day you complete your 5k Park Run.

You've got this! Remember, you're running your own race.